

## Yellow Stream Certificate in Play-Based Treatment of Trauma



### Special Interest & Advanced Practitioner

This certificate program can be taken as a stand-alone specialized training for those wishing to explore this play intervention/modality. You do not require a Master's degree to enter this program. However, due to the focus on trauma and play-based techniques, previous training in play therapy is strongly encouraged.

The Certificate in Play-based Treatment of Trauma program offers 35 hours of approved/certified training. It consists of 3 days of face-to-face training PLUS a pre-course on-line component (with a Mastery Test) and a post-course case conceptualization assignment (totaling 12 non-contact hours). Students will have three months to complete the required written case assignment

### Program Goals

The primary goal of this program is to deepen participants' understanding of a play-based approach to the assessment and treatment of trauma. Participants will have the opportunity to engage in experiential play and expressive activities useful in the processing of situational, sexual, physical and emotional trauma. Participants will be exposed to various theories and conceptualization tools related to the treatment of trauma. Directive and non-directive approaches will be explored.

For full details please refer to the [application form](#). To access program dates see the [training calendar](#).

### Who Should Attend?

Like other Yellow Stream programs, this program is designed for those practitioners who wish to add to their play therapy training resume. All hours accumulated in the yellow stream count towards play therapy certification/registration.

### Entrance Requirements

Completed or attending post-graduate level degree in Counseling, Psychology or Clinical Social Work or Completion of the Certificate in Therapeutic Play Skills (Green Stream).

### Required Readings

Johnson, K. (1989). *Trauma in the lives of children*. Alameda, CA: Hunter House Inc.

### Program Outline

#### On-Line Program:

- Introduction to the trauma spectrum
- The response to crisis pathways
- Children's reactions to trauma
- Theoretical underpinnings - attachment theory

- The directiveness continuum
- Personal exercises
- Experiential exercises with case studies
- Treatment goals

**Day 1:**

- Post Traumatic Stress Disorder
- Acute Stress & Post Traumatic Stress Disorder reactions among children and adolescents: the Stress Response Profile
- Child development, trauma and memory
- Traumagenic states
- Case Conceptualization tool
- Identifying re-enactments and trauma fragments
- Dissociation
- Assessment & treatment goals
- Experiential exercises
- Video examples and slides

**Day 2:**

- Working with sexually abused children & adolescent: developmental considerations
- Personal exercise
- Trauma-focused play therapy
- Case example
- Practical/case conceptualization activity using play modalities of sandplay, dollhouse, puppets& expressive art
- Decision-making and tracking significant issues
- Recording observations, themes and process

**Day 3:**

- Working with physically and/or emotionally abused children and adolescent
- Issues for consideration
- Experiential exercises using play and expressive techniques: storytelling, bibliotherapy, art, mask-making, movement
- Case examples

**Learning Objectives**

To provide an overview of special issues related to the treatment of trauma.

Upon successful completion of the course each participant will have gained:

- An introduction to trauma and efficacy of treatment
- An opportunity to work with a number of play-based approaches as related to the treatment of trauma
- A deepened understanding of how to intervene with traumatized children and adolescents
- An understanding of the special considerations when working with the spectrum of trauma
- Ways to provide feedback to parents and third parties
- An understanding of when to be directive or non-directive

## **Methods**

- Experiential activities
- Videos & case examples
- Reading assignments
- Written case conceptualization assignment

## **Awards**

The certificate will be awarded on the basis of:

- Satisfactory attendance (no whole module may be missed unless there are extenuating circumstances. A makeup assignment may be requested depending on time missed).
- Satisfactory completion of a written case conceptualization.